

CAMBRIDGE REGION

GreenWave

The Local Alternative

JULY - AUGUST - SEPTEMBER

Greening of Cambridge
Reclaim the Land
Burning Issues
Natural Health Directory
Green Feminism



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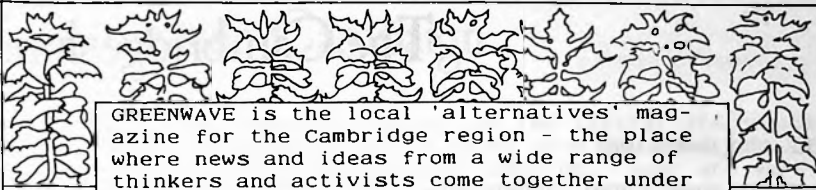
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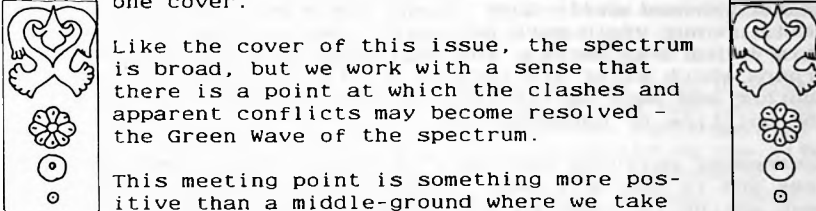
GreenWave READERS ARTISTS AND WRITERS MEETING.

AUGUST 7th. 8p.m. The Eagle.
BENET STREET, CAMBRIDGE.

This is an opportunity to directly influence and be involved in the making of the magazine and discuss the ideas behind it



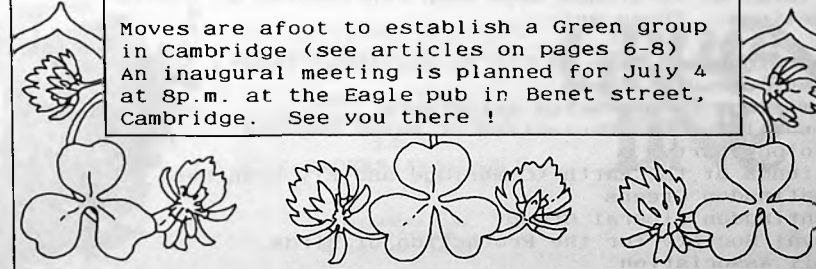
GREENWAVE is the local 'alternatives' magazine for the Cambridge region - the place where news and ideas from a wide range of thinkers and activists come together under one cover.



Like the cover of this issue, the spectrum is broad, but we work with a sense that there is a point at which the clashes and apparent conflicts may become resolved - the Green Wave of the spectrum.

This meeting point is something more positive than a middle-ground where we take no distinct stand on anything in particular. Rather it is a positive refusal of the idea that their must be a 'them' and an 'us'. We are not forced to stand at either the red or the blue ends of the spectrum. The idea that 'those who are not with us are against us' is just that - an idea. Ideas can be that simple but reality never is.

After only two issues, Greenwave has established itself as the most successful local Green magazine in the country, largely due to the energy and ideas which have been fed in by interested groups and individuals in the region. This is not to suggest that we can survive without more help from everyone whether that's simply taking out a subscription; taking copies as a bulk order to sell; or writing in letters; articles; news items; cartoons, etc. Articles can be up to 700 words - longer articles may have to be cut. Copy date for the next issue is August 31st.



Moves are afoot to establish a Green group in Cambridge (see articles on pages 6-8) An inaugural meeting is planned for July 4 at 8p.m. at the Eagle pub in Benet street, Cambridge. See you there !

The Cambridgeshire

Why the Campaign?

Concern over rural change and countryside destruction has increased dramatically over recent years but 'environmentalists still do not yield much political power on the local scene. This is largely because the many diverse action/pressure groups which exist are largely acting in isolation from one another and have particularly failed to come to terms with the politics of conservation.

Government policies are the root of many environmental problems and it has only been recently that various groups have been active in lobbying for changes in this area, particularly with regard to agricultural policies and their disastrous effect on the countryside. However, this lobbying could be far more effective if taken up at the local, as well as the national, level and if the lobbying was effected by not one or two but by a dozen or so local environmental groups.

The Cambridgeshire Countryside Campaign aims to increase the profile of the environmental lobby in this county, mainly by showing the public, media and politicians that the many diverse environmental 'interest' groups can agree and can put forward opinions as one movement.

Progress with the Campaign

So far there have been two planning meetings to which representatives of local groups have been invited. We have targeted on those organisations which are actively promoting countryside conservation, including those political parties which have positive commitments to conservation in their manifestos.

A total of 10 groups have been represented at the two meetings. These are:-

Cambridge and Isle of Ely Naturalists' Trust
Cambridge City Farms
Cambridge Conservation Volunteers
Council for the Protection of Rural England
Ecology Party
Friends of the Earth (Cambridge and Ely branches)
Huntingdon Greens
Huntingdon Liberal Group
Royal Society for the Protection of Birds
Soil Association

Countryside Campaign

Sue Everett

At the moment the campaign is just at the initial discussion stage. Most of the groups noted above have not committed themselves to support the proposed campaign. Some are wary that the campaign will duplicate the work that they as individual groups are currently doing. Apart from strengthening individual initiatives by collective action and co-ordination I cannot see that duplication will be a problem - and probably the least of our worries. Ironically, the main problem is gaining the confidence of these local groups and getting them to take a bold step together so that the environmental lobby in Cambridgeshire can 'solidify' and build on the wide, but rather dispersed, support we already have between us. Without the support of the majority of these groups, there can be no unified campaigning initiative but at least new lines of communication will have been aired and may lead to the setting up of a Countryside Forum such as has already been setup in Oxford.

Central to the proposed Campaign is a Countryside Charter. This would be a 'popular' document which we would use as a vehicle for gaining public support and attention from the media. The proposed Charter would list points over which particular action is required if we are to attain a healthier and balanced rural environment.

How YOU can participate

Send a stamped addressed envelope to Sue Everett, Huntingdon Greens, 7 Church St, Fenstanton, to obtain full details of the proposals. Then start writing to your MP, local Councillor and the paper. Sue will answer specific enquiries on (0480) 68353 in the evenings. Don't sit back and do nothing - it's your countryside too.



THE NATIONAL MAGAZINE
OF THE GREEN MOVEMENT

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GREEN LINE

CYCLING ACTION



Cycling is fun. It makes you fit. It gives you independence. Now it's true that cycling 'fun' involves many different experiences - whether it's slogging up a 1 in 10 or hurtling down the other side; pushing into a driving blizzard or catching the moment when the sun breaks through and the wind's behind.

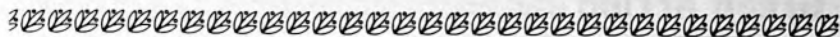
But if you haven't ridden a bike for a bit, wait for a nice day (spend the time oiling it and planning your route): then off you go for an easy five miles where there isn't much traffic. Rediscover the sheer joy of it - sitting but moving, balancing six inches above the ground, in harmony with your machine and the surfaces it passes over.

And gradually you become fit. Cycling involves endless variations in effort which you choose to suit yourself and you can do this just as well on your old town donkey as on a flashy Ten-speed. Many mental and physical problems stem from lack of fitness and push us into a downward spiral. Get the energy flowing and up you go. Fitness is itself a liberating force, but in developing it, you are actually going places. So you can forget buses, trains and cars - most of the time at least. (Did you know that the average car journey was less than three miles?) With practice and a well maintained bike, rides of more than fifty miles are quite possible. Although you can be independent, cycling is also a good way of being sociable. It's easy to join others such as the Cyclists' Touring Club or our own Friends of the Earth cycling group. On a long ride I've usually met up with other cyclists or just stopped to chat with people I've passed: the bike doesn't seal you off like a car. You keep in touch.

Sorry, I speak with the zeal of a convert, but I rediscovered my old bicycle when I came to Cambridge seven years ago, and since then (a motorbike and a sports car later) I've felt like passing on the message to those who think that a bike is only good for propping open the garage door or popping down to the shops.

Enthusiasm for cycling is the force behind the Cambridge F.O.E. Cycling Action Group. We have regular monthly rides on the first Sunday in the month - we often choose a route from 'Freewheeling' our book of cycle rides around Cambridge. We also have meetings to discuss cycling problems and liaise with the Council and other cycling groups. In June we are running a short basic bike maintenance course.

Above all we try to spread the belief that cycling is a positive way out of many of our problems: a bicycle is quiet, non-destructive, harmonious and 'labour intensive'. Everyone can afford a bike of some sort and can soon learn to understand it. I have a vision that one day we in Cambridge will all be out on our bikes - that will be a Green Day! For more about the Action Group give me a call C.68777
MIKE KENNEY



Following the ploughing up of nearly an acre of the base at Molesworth, wheat was planted on Easter Sunday. Various groups were allocated responsibility for plots. Tim, one of the organisers of the Molesworth wheat to the Starving Campaign, told Greenwave about plans for the summer.

"The Eritrean Relief Association has agreed to send our wheat to Eritrea. The wheat is starting to come up but we're not going to have very much of our own wheat, so we're counting on contributions from farmers and food shops. We've had contributions of about one and a half tons already and that's good, but we're hoping to raise 10 tons to send.

For June, we're building up a calendar with different groups coming on different days so there's a fairly steady flux of people as there's a lot of weeding to do. (Greenwave's day is June 30th - see P.34)

In July we've got three international workcamps - a peace corner camp from July 1 - 8, which is basically finishing the peace corner gardens and hopefully building picnic tables to make that corner really nice. There's a family camp from July 13 - 16: people coming with co-operative games and we're going to try to build a kids' playground on the base and possibly have the kids make some things to send to Russian children, like cranes for Hiroshima Day. The third workcamp is July 22 - 29 which is a construction camp to hopefully finish or do the major construction work on Eirene, the all faiths peace chapel.

From August 13 - 18 there's going to be a workstudy camp on Ghandian non-violence at the 'Molesworth School of Peace Studies' - I'm trying to get people from the Bradford School of Peace Studies to come and help organise that. August 25 - September 2 is Harvest for the Hungry - Harvest Festival, planting and green gathering, which the green collective is organising and which will involve hopefully harvesting the wheat, but at least we'll be starting to plough up more land for the winter crops, and also digging ditches and putting in hedges, and building windmills and things, we want to get some alternative technology projects going. On September 2 the Bishop of Huntingdon is coming to dedicate Eirene." Rosie Stanning

A GREEN GROUP

At the Readers and Writers Group meeting in May, the main subject on the agenda was the formation of a Cambridge Green Group. This issue of Greenwave opens the debate. What would a green group do? Does Cambridge need one? Who needs to be involved? When should we start?

At the May meeting discussion ranged round the question "What would be the purpose of a green group?". The discussion was broad, reaching from political power to personal change. To promote this debate, Greenwave carries three articles, each expanding on points raised at the meeting.

A CAMBRIDGE GREEN GROUP?

Most greens would agree that the creation of effective influence for the movement as a whole is an important task ahead. In this regard, it's as true as ever that "united we stand, divided we fall". But the wider movement is not seen by the public as a movement, but rather as a disconnected jumble of single-issue causes and sometimes even rival party political activists. In Cambridge there is no channel whereby diverse groupings, including party-political activists, can act together as greens. This lack is a prime reason for initiating a Cambridge Green Group. Like the more than sixty similar groups elsewhere, it should be - amongst other things - political (but not party-political), loosely structured and enable the common pooling of resources for particular purposes and the planning of joint campaigns.

Greenwave magazine is growing into a much-needed means of communication within the wider movement in Cambridge and nearby. It has helped to create ripe conditions for launching a Cambridge Green Group and would help sustain such a group. A Green Group would provide a means of focussing and applying some of the new energies and ideas that the magazine sparks off, as well as being a further means of local green communication. A Green Group would not compete against other green causes, but would initiate fresh campaigns where most needed - campaigns, moreover, with a wider base of active support and thus a greater chance of success. It would not be simply another group to further dilute the energies of existing activists, but would draw new activists inspired by its inclusive, broad approach, and would help to re-energise existing groups by symbolising a more tangible, wider solidarity. It would certainly be encouraging for Huntingdon Green Group to have a counterpart elsewhere in the County to work with.

Don't wait for people from all the various groupings to somehow spontaneously form a Green Group - like multi-lateral nuclear disarmament, it will never happen without unilateral initiatives. Let those who want to, set up the group and others will soon respond to ensure it flourishes.

THE GREEN GROUP AND THE COMMUNITY

Whatever area or work we may be involved in - countryside conservation, women's issues, peace issues, or animal rights, one common problem we must all contend with is a general tendency towards passivity.

We may choose to view the problem of 'getting people to act on their own behalf' rather cynically, characterizing people as apathetic, lazy or uncaring; - I believe a more realistic view is that many people have very little sense of their own potential power to influence the world around them, tending more towards the feeling that 'if you start making a fuss about things, you'll only cause a lot of trouble.'

Tackling such attitudes is in itself a central 'Green issue', since the belief in the virtue of 'leaving things to the proper authorities' (even our own health!) is at the root of so many issues. Such beliefs tend not to be changed by reasoned argument alone, since they are themselves the result of living experience - the experience of being taught to accept and depend on parental authority, school authority and so on. This results in an all-pervading sense that 'Somebody up there' almost certainly knows best and that 'they' (the government, the experts, the authorities) will probably sort it all out right in the end.

Green Action

Being the result of lived experience, such attitudes are most readily changed by further lived experiences. People uniting in non-violent action around winnable issues may be seen then not only as a means to an end, but virtually as an end in itself.

Our greatest untapped natural resource is human potential - an active Green group, by associating the experience of local action with green ideas, can stimulate that potential to the benefit of all.



Mark Palmer

THE CART BEFORE THE HORSE? A Few Words of Caution

Independent green groups are springing up around the country. Where they are successful, it is often because there are insufficient green activists to run both Eco, FoE and Animal Aid branches separately. In Cambridge this is just not the case - there is an enormous variety of active groups. Unless there is a good reason, I see little point in starting another. Good reasons do exist for starting a Cambridge Green Group, but if the aim is to wield political power then this is a bad reason, based on false premises and ignoring important facts.

The wide variety of groups that do exist is a good indicator that there is no general agreement on political proposals. Attempts by the Animal Rights movement to present a united front have failed, and the chief problem highlighted by the Cambs. Countryside Campaign is that the various groups are loathe to work together.

It would be very damaging to the natural development of Green consciousness if a premature attempt to drag people together were to result in open hostility and recrimination. The vital job at present is to raise awareness of the links between groups and issues - if that is the aim of the group then I support it, but if the aim is political muscle, and challenge to the system, then the cart is before the horse. Political effectiveness requires more than a merger of groups - it needs a merger of minds.

The "political challenge" lobby which views the green movement as a small but growing group, driven on with messianic zeal or ideological fervour, spreading out across a grey society in an environmental holy war, is quite opposite to my view. For me, the green revolution is a change of consciousness (a change in the things about which we are conscious); such a change cannot come about by political pressure, yet cannot express itself without political changes.

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In our democracy politicians only say what will get them votes - that is, what people want to hear. As soon as green consciousness is raised, politicians will make the right noises if someone tells them what to say. Undoubtedly there are issues where political action lags behind raised consciousness, and on these a green group could be usefully employed simply informing decision-makers of the green option

So let's get the order right: raise consciousness, merge minds, distil policy, communicate. When that is done, political challenge will not be necessary, we will already have won.

Mike Bell

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# Burning Issues

When the harvest is safely gathered in this autumn, many eyes will be watching how safely the farmers of Cambridgeshire dispose of the remaining straw and stubble. The autumn fires which are so much a part of 'convenience farming' have now increased in scale to such an extent that public protest against the practice reached a climax last harvest. As a result, farmers will be operating under a stricter code of practice for straw burning this year, with increased maximum penalties for offenders.

Farmers are anxious to avoid a total ban because they claim that straw ploughed into the ground takes too long to rot away into the soil, and that the fires are useful because they sterilise the top inch or so of soil, killing weed seeds which would cause a nuisance the following season.

Objectors to stubble burning have a number of complaints: they would like to see roads kept free from the immense hazard of thick smoke; the elimination of the dust and smuts; a reduced burden on the Fire Service; and not least a more ecological approach to farming and its waste products

In February this year the Huntingdon Group of the Soil Association brought Mr. Arthur Staniforth, a leading authority on straw, to speak at a public meeting in Huntingdon. Mr. Staniforth contended that most farmers didn't like burning straw, and none of the local farmers present contradicted him. He went on to suggest that more farmers should try incorporating straw into the soil, because experiments being carried out within the county were proving successful. Failing this there were many ways in which straw could be

# Green Action

put to use: combustion in a furnace to produce heat for the farm; as animal feedstuffs if suitably treated; for manufacture of paper and cardboard. Straw could also be made into blocks for domestic fuel, but this was unlikely to prove economic in this country.

A representative of the National Farmers Union put the arguments against discontinuing straw burning altogether, and expressed the belief that it was a small minority of careless farmers who were responsible for bringing the practice into disrepute.

An officer from the County Fire Service also spoke. He was in favour of a total ban, and considered that poor control of straw burning was widespread, as 164 fires directly caused by straw burning had been dealt with in the county in 1983. Of these, 87 had been on peat soil, where the fire could penetrate deep into the ground, and tens of man hours over days at a time had been wasted extinguishing fires of this nature.

It is pertinent to ask how farmers coped before the idea of burning straw in the fields had been hit upon. There are a variety of possible answers:-

1. More mixed farming generated its own use for straw as bedding down for livestock. The soiled straw was rotted down to form farmyard manure, and returned to the soil.
2. The fertility of the soil relied upon living organisms rather than chemical additives, which meant that the ploughed-in stubble decomposed more rapidly.
3. More extensive rotation of crops could reduce the problems of rotting straw in the soil after a cereal crop.

In conclusion it must be stated that the ultimate return of straw to the soil is the only ecologically satisfactory solution to this problem, but whilst farming itself remains less than satisfactory ecologically, we need to start treating bulk quantities of surplus straw as a resource, or find an inexpensive means of reducing it to good humus.

Graham Waterhouse  
Treasurer, Huntingdon Group of the Soil Association  
36 Pratt St., Soham, Ely.

MASSAGE

REFLEXOLOGY

PULSING

Brenda Mallen  
Tel. C. 212521

# Why I Stood

Corinne Garvie

The Ecology Party had 3 candidates standing in the last local government elections of which I was one.

I stood in Queen Edith's Ward which had never had a Green candidate before and had a major fight on between the Conservative candidate and the up and coming Alliance candidate. Not only was I not going to get many votes because the Ecology Party is little known, but also many people were going to vote tactically.

So why stand? My aim was to introduce people to the Ecology Party's policies and how they could be applied at a local level. This was achieved by delivering a leaflet to each house and by canvassing, which was very interesting and told us about people's attitudes to Green issues. In the areas we canvassed everyone was polite and more than I expected wanted to know about the party, so we quickly ran out of manifestos. The two issues that were most often disputed were unilateral disarmament (that it was wrong) and nuclear power (that it was right!) The policies that were applauded were the need to reduce waste and concern about the lesser developed countries. It was worrying that so many people we spoke to were disenchanted about all governments and lacked any hope for the future.

We were told by some that the Ecology Party was not worth voting for as it would not get many votes (!) and it would be better to join one of the three main parties and change them from the inside.

In answer to this the Ecology Party is unlike the other three parties in very important ways. It is the only party to believe in the need for a sustainable economy - all the others believe in an expansionist economy, and it has the only radical and effective plan for re-employment.

We believe that we can live within our means and grow enough food for ourselves and that alternative renewable energy sources can be utilised now before the finite fuels like oil run out.

DEEP TISSUE MASSAGE

POSTURAL INTEGRATION (Student Practitioner)  
PULSING

Carolyn Milbank, 3 Pretoria Rd., Cambridge. C: 316411

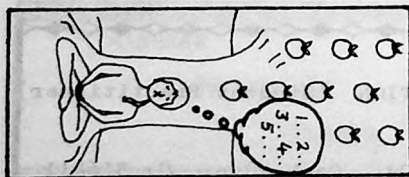
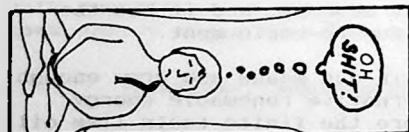
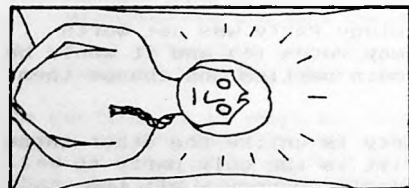
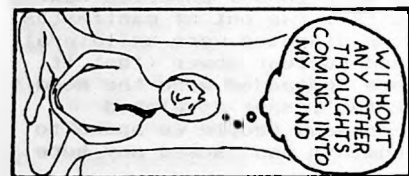
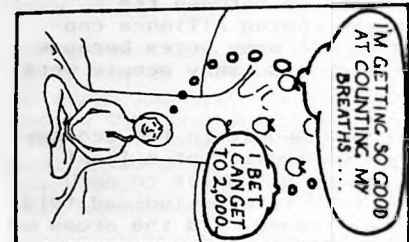
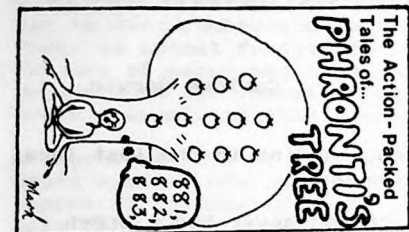
# The Micro-biology Of Hope

The latest addition to the impressive selection of speakers and participants at the European Association for Humanistic Psychology Congress is to be Rupert Sheldrake, whose theory has been shaking up people's thinking around the world.

What he proposes effectively provides a theoretical affirmation of what many people have felt intuitively to be the case - that is that the quality of people's thoughts and feelings can become generalised and wide-spread whether or not formal communication takes place. Thus making the subjective choice to believe the best to be possible, even likely, will in itself make it easier for positive choices to be made. Despair and hopelessness can only help to bring about what we most fear. But if we have hope, and faith in the possibility of a better way of thinking, feeling and intuiting, not only will our actions be more positive, but our hope and faith themselves may spread. As Sheldrake says "Our responsibility may indeed be even greater than we had supposed."

## C. LINCOLN WHERE ARE YOU?

We know we had a cheque for a subscription and a poster from C. Lincoln, but all other details (like the address to send them to) have disappeared through a black-hole in the filing system. Please call us on C. 861749 and forgive!





7th Congress of the  
European Association for  
Humanistic Psychology  
26th July - 1st August 1984  
University of Surrey, Guildford



THE LATEST NEWS.....

**Presentations Offered By Internationally Known Figures** such as: Arnold Keyserling from Austria, Michele Festa from Italy, Jean-Michel Fourcade and Jacques Donnars from France, Jerome Liss and Rita Fiumara-Liss from Italy and France, William Emerson from California, Ynestra King from New York, Ramon Rosal from Spain, Ella Mae Shearon from Germany and Michael Lindfield from the land of Findhorn.

Then the British Presenters, with the presence of David Wasdell, with his striking work on the foetal problems of organisations; Rupert Sheldrake with his fascinating theory of morphogenetic fields; Alix Pirani with her new work on mythological patterns in people's lives; Peter Russell and his vision of how things could evolve on this earth; Peter Smith, one of the world's experts on groups; Jill Purce, with her amazing work on the voice; Denis Postle & Jill Anderson with their challenging approach to research in the social sciences which they call Cooperative Enquiry; John Heron, John Rowan, Caroline Wyndham, James Kilty, Richard Stevens, Wendy Freebourne, Ken Knight, Donna Brandes, Jane Malcolmson, Rose Evison & Richard Horobin, Ursula Fausset, Nigel Williams, Warren Lamb, Nigel Collingwood, Anthony Hall, Derek Gale, Ros Langdon, Rob Brown, Shirley Wade, Edward Posey & Liz Hosken, Leo Rutherford, Malcolm Parlett, Carole Shaw - and many others too.

And then the Special Things. The presence of the Ven. Lama Sogyal Rinpoche, who graces the first plenary session; the presence of Interhelp, with their workshop on Despair and Empowerment in the Nuclear Age; the controversial Neuro-Linguistic Programming with Eric Robbie; the equally controversial Rajneesh approach presented by Ma Anand Poonam and Ma Prem Vismaya; John Hunt, presenting the Jampolsky approach in 'Love is Letting Go Of Fear'; and Aida Svendsen presenting Buckminster Fuller's approach to Personal Integrity; Hymie Wyse on Family Therapy; Hans Noak on Management - so many new angles and ideas, fresh approaches and new experiences to digest and come to terms with.

And the Symposia on Birth, Holistic Medicine, Psychotherapy, Politics, Education, Death, The Earth and Networking.

And Also the marvellous Max Furlaud, a link with the Esalen Institute and Fritz Perls; Connie-Croll Young, who did so much to make successful the AHP Annual Meeting in Toronto last year; Jacqueline Doyle, past president of the AHP.

And At The Beginning of the Day, various forms of meditation and movement, led by a variety of teachers.

And At The End of the Day, celebrations, Whirl-y-gig, New Games, talks, films, a space for spontaneous activities and a bonfire.

And All Day there will be an art room, a massage room, co-counselling, music, video and The Quiet Centre when it all gets too much and you want to be quiet, meditate or bring your Dreams.

EAHP 1984 Congress, 258 Harecourt Road, London N1 2LW. U.K. Telephone: (01) 226 5441

*The European Association of Humanistic Psychology in association with the  
Human Potential Research Project, Department of Educational Studies, University of Surrey.*



# THE GREEN

ONE WOMAN'S VIEW.

Having been asked to write this article by a friend who is apparently sublimely unconscious of the pitfalls, quagmires, and minefields ahead in any attempt to explore what is Green? feminist?... (he's male of course!), I want to start this article by saying straight off that:-

1. It is possible that there is no such thing as a 'Green Feminist' -  
either a) because all has already been said by existing feminist movements, and that there is nothing especially new, singular or especial that the Green movement can add to this;  
or b) because what we call 'Green' attitudes are shared already by most feminists - and perhaps by many non-feminists - but have not been labelled as 'Green' by them or others, and should not be.

In this article, then, the heading 'Green Feminist' does not mean that it is an attempt to start a separate, or splinter movement of the feminist movement. All feminists agree on basics here, and differences are only mostly of emphasis and/or tactics.

What the article will try to do is to pick out those shared attitudes described above and show their relation to the Green perspectives. So that to be a Green feminist is not to be different from other feminists, only to consciously emphasise particular aspects of the whole male/female and in particular female situation.

This article is then very much an exploratory and personal one - and any debate, answers, etc. on it will be very much welcomed.

2. Also I would like to make clear that it is NOT the fact of social inequality between men and women (in terms of income, authority and status) that is being debated. I do not know any woman who would disagree with this fact of inequality as a reality, however exceptional to the rule they themselves may be. Neither will this article debate the negative personal emotional effects of this inequality on women's self-image - again, few women would disagree that this occurs, even if they see themselves as an exception.

So - how does the Green perspective impinge on male/female perceptions and relations, and in particular on the female situation vis à vis the male?



# FEMINIST



It is in their wholistic/holistic emphasis - the emphasis on whole environments, AND how this is applied to ecology, medicine, to education and to individuals that I see the main contribution of the Green movement as occurring. The view of individuals as whole people - encompassing both masculine and feminine, yin and yang, makes nonsense of the idea that because we are born male or female we are therefore born not only physically different but also different in abilities, personal qualities, and potentialities. Yet this last has been the view for the last 100 years or so, and it is against this picture of the sexes that the feminist movements have arisen. The picture is of a world made up (in human and animal terms) of two different specialised units, male and female: nature's division of labour carried to extremis. Women in the late 1800's were even thought to have had a different kind of brain from men - and 'naturally' inferior! (For any who watched the film on Beatrix Potter's early life, the seriousness with which this view was held comes out very strongly.)

The Green view of personal wholeness is diametrically opposed to this specialised splitting up of humans into two different types. And as the feminist movement, rebelling against this arbitrary division - accompanied as it was by social inequality - has become more and more successful, so men now are being forced to, and are able to, rethink the terms of their personalities. As recognising my aggressive feelings and incorporating them into me-as-a-female-also-'feminine' was both a liberation and rebellion from old conditioning, so for men, recognising their soft emotional feelings and incorporating them into me-as-a-male-also-'masculine' can also be a liberation and rebellion. As poetic symbolic intellectual categories, masculine and feminine are too deeply embedded in our culture to change, and why should they - it is comforting to be a whole person, to encompass both within our personality.

If we take the Green view, then, that women combine so-called 'masculine and feminine' attributes as well as other neutral ones within themselves, as do men, it follows that any forced division of labour is nonsense. Also cultural norms as to how 'men' should behave and how 'women' should behave, always do damage to the personality in preventing some potentialities to grow.

Lastly, as a conclusion, it may be interesting to point out one group of people that have, by the nature of their profession, always taken a Green view of the personality. In

making a birth chart, doing a horoscope of an individual, the sex of that person is quite meaningless. Each individual will have the same planets and stars in their birth chart, comprising of 'masculine', 'feminine' and 'neutral' attributes. The patterns, aspects, combinations they make with each other will differ according to the time of birth and the place, and it is from this that the reading is made. Astrology is perhaps the oldest form of character and life reading, and it is perhaps no accident that the 'whole person' resulting is a creative mix of 'masculine' and 'feminine' and other qualities.

Sheila Farran

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## THE GREEN FEMINIST

## .....AND ONE MAN'S VIEW.

As the man who invited Sheila to open up this particular quagmire, I was interested to see the differences between her experience of feminist attitudes and my own.

Where my own attitudes are concerned, the feminist insights which she describes have had a profound influence in shaping the way I see myself and the sort of choices I've made in my life over the last ten years or more. The concept of integrating and harmonizing the feminine and masculine also forms the foundation to my own particular view of 'what is Green?' to the extent that I might tentatively describe myself as a Green Feminist (or, in their correct order, a Feminist Green).

However there exists another, widely influential view of Feminism, based on the concept of 'Sexual Politics' which depicts men and women as two classes, men as an oppressor class and women as an oppressed class. As in the simple two class model of capitalists and workers, this view implies that the one dominant class must be replaced by the other and thus we see arguments for the view that women and men are not just 'equal but different' but that being born female actually has more virtue and value than being born male.

To differ from this (non-Green, dualistic) point of view is not in any way to deny the social inequalities imposed on women in our masculine (as distinct from male) dominated society. Women still have a long way to go to achieve equal access to the wealth, status and power which are so prized in this society.

This in turn does not deny the magnitude of the challenge presented to men who strive to free themselves from the restrictions imposed on them by the male stereotype. Their task involves asserting the value and significance of the feminine aspect of their being - in a culture which dismiss-

ses , devalues and trivialises the feminine. For many of us, even to assert to ourselves the value of what we are denied is challenging enough in itself.

Our cultural bias against the feminine is so profound that even in trying to write about feminine values we are hard put to it to find an acceptable language which will not immediately strike the reader as too 'woolly and airy-fairy' to be taken seriously or too clinically abstract to be comprehensible.

While the feminist views which are rooted in the dualistic, 'class-warfare' approach offer men little other than blame, condemnation and second-class citizen status; the view which Sheila has described offers as much insight to men's situation as it does to women. It is, perhaps, characteristic of our current situation that, if I were to 'explain' some aspect of Sheila's writing or thinking by saying "She's female of course!", I would quite rightly be condemned for perpetuating sexist assumptions about women, whereas perpetuating sexist assumptions about men remains a wide-spread and socially acceptable activity at present. The Green man, as yet, remains embroiled in the quagmire.

Mark Palmer

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#### CAMBRIDGE ANTI-APARTHEID GROUP

The Women's Movement, the Peace Movement, the Animal Rights Movement, are all reactions in our society to the dominance of the values of assertiveness, competition, toughness, etc. On a global scale, these values have led to the exploitation of the Third World by the rich North.

South Africa shows this system in microcosm. Globally the dominant North is separated from the South by distance. Within South Africa, this separation is achieved by apartheid

The Anti-Apartheid Movement has been campaigning in Britain for 25 years to inform the British public to the effects of apartheid, to call for the independence of Namibia and an end to destabilisation of neighbouring states. The Cambridge branch has members in both town and university and, besides campaigning and general objectives, has organised public meetings with films and speakers and teach-ins, and music benefit evenings. Funds from a sponsored cycle ride and sale of Christmas cards designed by members were used to buy medical kits for the Namibian support Committee.

The national office is 13 Mandela Street, London NW1 0DH, and the local contact is in the Green Directory of this issue.

# EAST ⑨ WEST REACH

# MMP PEACE

Generally most people in the peace movement believe nuclear weapons to be the greatest threat to peace, and so study the weaponry itself in great detail. Most people who want peace à la Thatcher believe the Russians to be the greatest threat and their justification for having nuclear weapons is based on ideas they hold about the Soviet way of life and government, some of which never were true, some of which used to be true, and some of which are in fact true. Until we have a more balanced view of soviet life - the question 'what about the Russians?' can never be answered honestly.

East West Reach is a Cambridge based group recently set up to help build links between the United Kingdom and the Soviet Union. It was founded by Jim Garrison, author of 'Hiroshima to Harrisburg' and 'The Russian Threat', and Claire Ryle, former organiser of The Medical Campaign Against Nuclear Weapons. There are four main areas of activity. Firstly, they will give lectures or discussion and study groups; secondly they organise trips to the Soviet Union ("It is we ourselves, not our governments, that have to be the ambassadors for peace"); thirdly they are trying to build up information on groups involved in Anglo-Soviet relations and create a network for sharing information and initiatives; and fourthly they are building up a panel of experts in different areas of Soviet life and culture, so that if someone is required to be a spokesperson on, say, Soviet sport, they can provide this facility, for example to the media.

There are two more trips planned this year, firstly to Moscow and the Ukraine 28 July - 10 August, and secondly a women's group visit to Moscow and Georgia, 15 - 29 Sept.

Jim Garrison: "It is my conviction that absolute weapons require an absolute enemy. It is not the other way around. What this means is that fear and hatred of the Soviet Union has to keep pace with the nuclear arms race... Although Soviet culture is different from ours there are vast areas where common ground can be developed. This must be done before it is too late. If the bombs drop and civilisation is obliterated, the 'Russians' will not have been the reason. They will only have been the excuse."

If you wish to become involved or to know about group travel to the Soviet Union, please contact Jim or Claire at East West Reach, 9 Marion Close, Cambridge CB3 0HN. C. 350917.

# DEFENCE: Time to Transarm?

As every proponent of nuclear disarmament knows, one of the greatest problems to be overcome is the perceived need for security. It is little use pointing out that we'll all be killed if nuclear weapons are used for defence, or that our support for NATO's posture on Cruise can only be viewed as a direct threat by the Warsaw Treaty states. The fact remains that, for a very large number of people, unilateral nuclear disarmament represents too great a risk to take.

Another criticism of disarmament on its own is this: it leaves the military-industrial complex in place - and with the ability and probably the will to rearm whenever it becomes politically acceptable. Since we are unlikely to get rid of the military-industrial complex, it is probably best dealt with by changing its goals. Disarmament must be coupled with alternative defence strategies to give it credibility - and these strategies must not compromise "security".

One step in the process is to "transarm" rather than disarm, that is, replace the offensive weapons systems with systems that are designed only for defence: the tank replaced by an anti-tank weapon, and so on. Sweden, Switzerland and Yugoslavia have all adopted such a defence only posture. Linked with this is a progressive decoupling from the NATO block, the extension of nuclear free zones and the active pursuit of right relationships between nations. The advantage of the transarmament approach is that it reduces tension without compromising security, subverts the military into a less dangerous and provocative role, and reduces the cost of defence. It is a confidence building measure - for a country with a defence only posture cannot be perceived as a threat, and indeed cannot be one with any measure of success since the limitation is built into both the new military doctrine and the hardware.

It may well be argued that it does not go far enough down the road to a demilitarised society; but it is the first step along the road which we must take. Peace is not achieved by the mere absence of weapons - the hatred and suspicion that engendered them has to be removed as well.

I can recommend a couple of books to anybody wishing to follow up this train of thought:-  
GALTUNG Johan. 'There are alternatives!' Spokesman Books, 1984  
ALTERNATIVE DEFENCE COMMISSION. Defence Without the Bomb. Taylor & Francis, 1983.

Steve Fulger



# EVENTS



POLITICAL

SOCIAL

ETC.

## WHAT'S ON

### REGULAR GROUPS

- ANIMAL AID 1st Wed each month 7.30 pm Wesley Hall  
Joan Court C. 311828
- ANTI-APARTHEID Tuesdays monthly Brian Williams C. 351078
- C.N.D. 1st Tues of month 7.30 pm Friends Meeting House
- CAMBIENT (Cambridge & Isle of Ely Naturalists Trust)  
Meetings, outings, rambles. Joy Greenall C. 358144
- DROP IN CENTRE for 16-25 unemployed Overstream House  
Thurs 2-6 pm C. 350967
- ECOLOGY PARTY 3rd Wed each month 8 pm Eagle Pub Benet St  
Yvonne Douglas C. 211149
- FRIENDS OF THE EARTH Business meeting 4th Tues each month  
Speaker meeting 2nd Wed each month  
Bath House open 12-3 pm C. 312800
- W.O.N.T. (Women Oppose the Nuclear Threat) Each Thursday  
at Womens Centre, 49a Burleigh St. Babysitters  
can be arranged by phone. No wheelchair access.  
C. 214005.

### EVENTS

- \* See General Directory for details of contact
- All events are in Cambridge unless otherwise stated
- JUNE JUNE JUNE JUNE JUNE JUNE JUNE JUNE JUNE JUNE JUNE
- Sat 16 SEAL DEMO - Market Sq 10 - 3 pm Animal Aid\*  
\*CAMBIENT outing Devils Ditch
- Sun 17 Drawing & Painting Workshop - 28 Thompson's Lane  
9.30 - 7 £7.00 C.212609
- Mon 18 CAMBRIDGE TEACHERS FOR PEACE & DISARMAMENT 8 pm at  
Queens' Wing, Homerton College. 'Balance & Bias in  
Peace Education' Talk by John McConnell.

- 18-24 EARTH AWARENESS CONFERENCE outdoors in Sherwood Forest. Details: 69 Cranbury Rd, Reading, Berks.
- Thurs 21 MCANW\* 4 Cambridge delegates and 1 American report and discuss the findings of the 4th Congress of the International Physicians for the Prevention of Nuclear War. 8 pm Clinical School lecture hall, Addenbrooke's. All health workers welcome.
- 22-24 GLASTONBURY CND FESTIVAL Worthy Farm, Pilton, Nr. Glastonbury, Somerset. Bands, theatre, films, cabaret, Children's World, Green Field etc etc 3-day advance tickets £13 CND, 11 Goodwin St, London N4 3HQ.
- 23- July 15 Kentwell 1610 - an historical re-creation Kentwell Hall, Long Melford, Suffolk. Details: Tel. Sudbury 310207.
- Sat 23 \*CAMBIENT A.G.M. - Ely.  
WOMEN & LEGAL RIGHTS on family law and at work  
2 - 5 pm £1 (50p unwaged) Womens Resources Centre\*
- 23-24 BRADFORD GREEN GATHERING Details: Jennie Bean, 3 Swinton Place, Bradford 7, West Yorks.
- Sun 24 Drawing & Painting Workshop - as 17th June.  
\*CAMBIENT outing - Fulbourn Gardens Open Day 11-6 Woods, orchid meadows, pond, sales, displays, etc.
- Sat 30 Greenwave's work day at Molesworth. Phone Rosie Histon 3200 for details and transport.  
GREEN DAY FAIR - NORWICH Details: Andrew Pratt, 143 Argyle St, Norwich NR1 2BZ  
GIRLS INTO SCIENCE & TECHNOLOGY Talks and discussions 2 - 5 pm 30p Womens Resources Centre\*  
\*CAMBIENT boat trip to Stretham Pumping Engine  
\*ANTI-APARTHEID Folk evening at Geldart, Sleaford St Tickets from Arjuna £1.50 (75p unwaged)
- JULY JULY JULY JULY JULY JULY JULY JULY JULY JULY JULY
- Sun 1 CHILWELL MASS TRESPASS (Nottingham) Details: c/o CND, 15 Goosegate, Hockley, Nott'm. 0602 581948.  
\*CAMBIENT Thriplow Open Day 2 - 6 pm. Marsh orchids and meadow flowers.  
\*FOE Cycle Action Group Ride, meet Bath Hse 11 am.  
\*ANTI-APARTHEID Sponsored Cycle Ride
- 3-4-5 VIDEO WORKSHOPS FOR WOMEN 9.30 - 3 pm each day £7.50 (£3 unwaged) Womens Resources Centre\*
- Wed 4 \*ANIMAL AID David Aichison - The Animals Charter - Islington. 7.30 pm at Wesley Hall



- Wed 4 Exploratory meeting to discuss possible formation of Cambridge Green Group Eagle Pub 8 pm.
- Sat 7 \*SOIL ASSOCIATION (Huntingdon) Picnic at W J Unwin Ltd's trial grounds in Histon at 3 pm  
\*CAMBIENT visit to Fowlmere RSPB 2.30 pm.
- 7-8-14 VIDEO WORKSHOPS FOR WOMEN - as 3-4-5 July
- 7-17 TEWKESBURY MEDIAEVAL FAYRE The Vineyard's Field, Tewkesbury, Glos.
- Sun 8 HULL GREEN DAY Details: Betty Whitwell, 3 Thorn-garth Lane, Barrow-on-Humber. Tel. B-on-H 30721.  
\*CAMBIENT visit to Fulbourn Reserve 2.30 pm.
- Wed 11 \*FoE speaker meeting - Mike Grubb of Scientists Against Nuclear Arms, The Plutonium Connection. Bath House 8 p.m.
- 16-22 WOENSDRECHT, Holland. 'Perspectives for Alternative Movements in 1984'. There is already a Peace Camp outside the proposed Dutch cruise missile site, and plans to build an alternative village July/August Details: David Taylor, 4 Bridge Hse, St Ives.
- Sat 21 \*SOIL ASSOCIATION (Huntingdon) Picnic at The Little Gidding Community. 3 pm.
- Sun 22 \*CAMBIENT COE FEN Open Day 11 - 5.30 Natural history activities day, plant spotting, bird watching, ditch dipping etc. Sales, displays, snacks.

AUGUST AUGUST AUGUST AUGUST AUGUST AUGUST AUGUST AUGUST

- Wed 1 \*ANIMAL AID - Open meeting. Selling cosmetics produced without animal experiments and vegan and vegetarian food. 7.30 Wesley Hall.
- Mon 6 \*MCANW Hiroshima Day Appeal. Members are invited to give their day's salary to MCANW to further campaigns and publicity.
- 10-12 GREEN MOON GATHERING, Cumbria. Details: Sue Aller Tynedale Cottage, Garrigill, Alston, Cumbria CA9 3L
- 25- Sep 2 MOLESWORTH HARVEST FOR THE HUNGRY See P.37.
- Sun 26 \*CAMBIENT visit to Longstowe Hall, 2.30 - 6 pm. Beautiful lawns, lakes and trees. 50p, children 20p

SEPTEMBER SEPTEMBER SEPTEMBER SEPTEMBER SEPTEMBER SEPTEMBER

- Sat 8 \*CPRE (Council for the Protection of Rural England) Excursion to Marshland churches, led by Cecil Bourne
- 28-30 STONELEIGH TREE FAYRE, Stoneleigh, Nr. Coventry Details: Green Deserts\*.

# PERMACULTURE

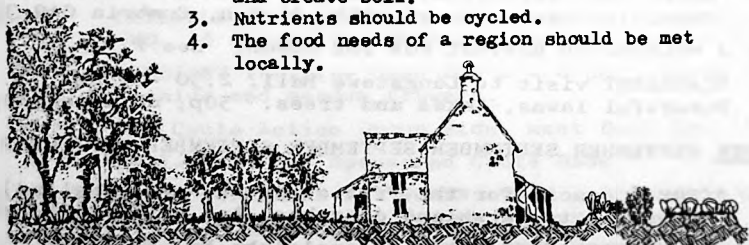
## sustainable agriculture

The word "permaculture" was coined by an Australian, Bill Mollison, to describe a radical approach to agricultural design. It is the conscious use of ecological principles in designing self-sustaining food, fibre and energy producing ecosystems. The idea is to set up systems for human use that are sustainable because they learn from natural ecosystems the use of diversity (of species and activities), interdependence, recycling and conservation, and perennial plants (especially trees), to produce a stable and self-reliant system.

Permaculture is not about technique, it is about design. Within it, many techniques can be used - organic growing and pest control techniques; forest farming and old forestry practices such as coppicing; free-range poultry and animal raising; technology for energy conservation and the use of solar energy, and recycling of wastes. What is important is the way all the different elements are consciously designed to work together, creating an intricate web of inter-relationships that is both stable and high-yielding. Once having grasped the principles, it is for the user to apply them with intelligence and knowledge to suit a particular situation or preference. There are no 'rules', the underlying philosophy is to use your common sense, local knowledge and observation. In a sense, this is rediscovering and developing on a conscious and informed level the wisdom of ancient polycultures which continued for centuries in balance with their surroundings.

Conventional agriculture today is causing a global catastrophe. By applying the following four criteria of sustainability in the many different ways individual sites demand, we would have a more balanced environment. And it is something you can begin in your own backyard.

1. The entire system should produce more energy than it consumes.
2. Soil should not be lost. Use techniques to save and create soil.
3. Nutrients should be cycled.
4. The food needs of a region should be met locally.



WINDBREAK SOFT FRUIT ORCHARD COMPOST TOILET ATTACHED GREENHOUSE HERBS VEGETABLE  
FORAGE CHICKENS SGFT FRUIT

Permaculture principles are based on observing natural ecosystems. Work with nature and let nature do the work whenever possible. 'Maximum observation, minimum interference' is its advice. Each element in the system - plants, animals, buildings, water, landscape features - should have more than one function. For example, chickens are most efficient (and happiest) when able to use all their natural attributes - scratching, foraging, making manure, laying eggs. They can be used to clear and manure ground, eat weeds and orchard pests, provide night heat in a glasshouse, as well as providing eggs, feathers and meat.

Trees are very important in permaculture. Forest farming and the use of fruit and nut trees and shrubs is one of the most widely applicable tactics for sustainable agriculture. Trees can create a favorable microclimate for annuals and pasture; they are important for water control, cycling nutrients, and enriching top soil with their leaf fall. They are very efficient collectors of solar energy, and can be grown for food, forage, mulch, timber, and as a windbreak. Browsing and grazing in hedged paddocks with compatible species of trees and animals at the appropriate time can fertilise the soil, feed the animals and trim the hedges at the same time.

Permaculture design also takes account of how wind, sun, slope, climate and water flow affect a site. Ponds, streams and rivers can form useful and productive parts of the system, used for aquaculture of plants or fish, or as a source of fertiliser. Permaculture aims at good water control, energy self-reliance and soil conservation. Perennials are used whenever possible. When annuals are required, soil exposure is minimised by mulching and other low tillage methods for growing grain and vegetables. One such method involves the use of a nitrogen-fixing plant as a living mulch into which grain is sown. Native species should be used whenever possible, and the natural ecosystem of the locality be the model. In Britain, this is temperate deciduous forest.

For further information: suggested reading, details of meetings and courses, regular newsletter, information about research and permaculture trials in Britain; write to:-

The Permaculture Association, Box 500,  
Peace News, 8 Elm Avenue, Nottingham.

A weekend group: PERMACULTURE - A NEW APPROACH TO SELF-SUFFICIENCY will be held at Lower Shaw Farm, near Swindon, Wilts. SN5 9PJ Tel. 0793 771080 from 28th - 30th September (£25)



July '84 brings us the two annual showcase events that cover the 'alternatives'. The Festival for Mind Body Spirit, back at Olympia for its 8th year (from 3rd July) and the Alternative Medicine Exhibition, in its 3rd year at the Kensington Exhibition Centre (July 13-15 see back cover). Both are fun and informative and there are plenty of lectures, demonstrations and exhibits which are both helpful and inspiring - they cover the areas of psychology, health and healing and spiritual awareness. Practitioners have the opportunity to meet others working in the field and to see the latest equipment available. There is also the opportunity to sample delicious wholefoods or to treat yourself to some of the natural products ranging from shoes to oils and herbs. Detailed programmes for the Alt. Medicine Exhibition are available from the organisers, and Greenwave has programmes for the Mind Body festival (send us a SAE).

And then there's the Transforming Crisis Conference at the end of July - perhaps one of the most important events of the year. It's organised by the European Association for Humanist Psychology (see p 13) and latest news is that Rupert Sheldrake is to take part. To try and put his philosophy into a nutshell - he believes that what a few people think and believe can become available all over the world in just a short time, whether or not formal communication takes place; as Sheldrake says "we now have a choice between a positive transformation of humanity, or a sudden and unintended transformation through death and destruction. We cannot postpone this choice much longer".

So, 1984 has much to offer us . . . . what will we do with it ?

In the next, autumn issue of Greenwave, the Natural Health Section will be taking a look at the different forms of Acupuncture which are available locally - hopefully to dispel some of the confusion which exists over traditional/five element/electro-acupuncture - if you have any questions or contributions on this subject, write to us at the Greenwave address.

## Directory

**ACUPUNCTURE** \*Aberdy  
Clinic of Traditional  
Acupuncture, Philip Hodson,  
69 Blinco Grove, Cambridge  
CB1 4TX Tel. C. 247004  
\*Cambridge Traditional  
Acupuncture Clinic, Cindy &  
Ian Rawlinson, Caroline  
Root, Alan Hext, 2 Leys  
Avenue, Cambridge CB4 4AF  
Tel. C. 323473 \*Cathy  
Lowenstein, 38 Shelly  
Gardens, Shelly Row,  
Cambridge. Tel. C. 63482  
\*Traditional & 5 Element  
Acupuncture, Dr. Thi Phung  
Ly, 65 Hobart Road,  
Cambridge. Tel. C. 242824  
Modern & Electro  
Acupuncture \*Rosie Stanning,  
69 Cambridge Rd.,  
Oakington, Cambs. Tel.  
Histon 3200

**ALEXANDER TECHNIQUE**  
\*Helen Jeffery, Central  
Cambridge. Tel. C. 316096  
\*Jane Staggs-Watt, 31  
Whitehill Road, Cambridge.  
Tel. C. 241067 \*Dr. R.H.  
Tarmy, Woodlands, Brinkley  
Road, Weston Colville,  
Cambs. Tel. West Wratting  
695

**AROMATHERAPY** \*Peter  
Jackson, 29 St. Vincents  
Close, Girton, Cambridge.  
Tel. C. 276637

**ART-EDUCATION** \*Rhea  
Monro, CALA, 27 Warkworth  
Street, Cambridge. Tel. C.  
276500

**ART-GESTALT** \*Cyril Mount,  
4 David Street, Cambridge.  
Tel. C. 212609

**BACH FLOWER REMEDIES**  
\*Mrs. L. Baker M.F. Phys. 2  
Patmore End, Ugley, Bishops  
Stortford, Herts. Tel.  
Rickling (0799 88) 287  
\*Sujato Houwen, 54 High St.,  
Coton, Cambridge. Tel.  
Maddingley 211041 \*Roger  
Savage, 96 Blinco Grove,  
Cambridge CB1 472 Tel. C.  
242828

**BIO-DYNAMIC MASSAGE**  
\*Gill Westland, 2 Argyle  
Street, Cambridge. Tel. C.  
210240

**BIO-DYNAMIC PSYCHOLOGY** \*Clover  
Southwell, 1 Fir Tree  
Cottage, Cornish Hall End,  
Baintree, Essex. Tel. Gt.  
Sampford 595

**BIO-ENERGETICS** \*Margaret  
Dyson, 4 Kimberley Road,  
Cambridge CB4 1HH Tel. C.  
67311

**CHIROPRACTIC** \*Dr. Peter  
Millbank & Dr. Neil Broe,  
Members of British  
Chiropractors Association, 19  
Hamilton Road, Cambridge.  
Tel. C. 312020

**COUNSELLING**  
\*Cambridgeshire Consultancy  
in Counselling (Training &  
Counselling) Mavis Leighton,  
40 Church Lane, Girton,  
Cambridge. Tel. C. 276644  
\*Young People (12-35) 33  
Clarendon St., Cambridge.  
Tel. C. 316488

**CO-COUNSELLING** \*Joan  
Henriques, 34 Gt. Eastern St.,  
Cambridge. Tel. C. 210305  
(see also Re-Evaluation  
Co-Counselling)

**ELECTRO-CRYSTAL THERAPY** \*Mrs. L. Baker -  
see "Bach Flower Remedies"

**GESTALT PSYCHOTHERAPY**  
\*Helen McLean, 13 Oxford  
Road, Cambridge. Tel. C.  
350649 \*Brenda Biamonti, 24  
Hertford Street, Cambridge.  
Tel. C. 62691

**HERBALISM** \*Cambridge  
Herbal Clinic, 84 High  
Street, Coton, Cambridge.  
Tel. Maddingley 210077  
\*Farida Davidson,  
I.L.M.H.N.D., Bright Haven,  
Robin's Lane, Lolworth,  
Cambridge CB3 8HH Tel.  
Crafts Hill 81074

**HOMEOPATHY** \*Dr.  
Marianne B. Fitzgerald, 5  
Granary Court, Maddingley,  
Cambs. Tel. Maddingley  
211350 \*Roger Savage, 96  
Blinco Grove, Cambridge  
CB1 475 Tel. C. 242828 \*Dr.  
B.O.T. Taylor, 19 Hamilton  
Road, Cambridge. (Thursdays

only) Tel. C. 312020  
\*Cambridge Homeopathy  
Group, Details Roger Savage.  
Tel. C. 242828

**HYPNOTHERAPY** \*Sujato  
Houwen - see "Bach Flower  
Remedies" \*Regan Masters  
O.H.P., M.A.H.P., 51 St.  
Barnabas Road, Cambridge.  
Tel. C. 350036 \*John West  
L.H.I.P.P., 4 Hills Road,  
Cambridge. Tel. C. 358222

**IRIDOLOGY** \*Farida  
Davidson - see "Herbalism"

**MASSAGE** \*Prem Arihanto,  
26 Guest Rd., Cambridge.  
Tel. C. 315270 \*Peter  
Jackson - see  
"Aromatherapy" \*Brenda  
Mallen, 25 Hemingford Road,  
Cambridge. Tel. C. 212521

**METAMORPHIC TECHNIQUE**  
\*Prudence Jones, 21 Shelly  
Gardens, Shelly Row, Castle  
Hill, Cambridge. Tel. C.  
323299

**NATUROPATHY** \*Farida  
Davidson - see "Herbalism"

**OSTEOPATHY** \*Mr. John  
Lant, D.O., M.R.O., Mr.  
Timothy Oxbrow, B.Sc.(Hons)  
D.O. M.R.O. Miss Alison M.  
Stanier B.Sc., D.O. M.R.O.  
Registered Osteopaths, 206  
Chesterton Rd., Cambridge.  
Tel. C. 67661/314389

**POLARITY THERAPY** \*Peter  
Jackson, 29 St. Vincents  
Close, Girton, Cambridge.  
Tel. C. 276637 \*Cindy  
Rawlinson, 2 Leys Avenue,  
Cambridge. Tel. C. 316364  
\*Lucette Stevenson, 96  
Blinco Grove, Cambridge.  
Tel. C. 242828 \*Cathy  
Squire, 69 Blinco Grove,  
Cambridge. Tel. C. 247004

**PSYCHODRAMA** \*Barbara  
Tregear, 79 Gough Way,  
Cambridge. Tel. C. 65963

**PULSING** \*Prem Arihanto -  
see "Massage" \*Brenda  
Mallen - see "Massage"

**RADIONICS** \*Mrs. L. Baker -  
see "Bach Flower Remedies"

**RE-EVALUATION**  
**CO-COUNSELLING** \*Fenella  
 Butler Tel. C. 351264 \*Elena  
 Moses Tel. C. 67543

**REGRESSION** \*Sarina Larive,  
 Doctor of Metaphysics, 139  
 Thornton Rd., Cambridge.  
 Tel. C. 276305

**REFLEXOLOGY** \*Mrs. L.  
 Baker - see "Bach Flower  
 Remedies" \*Sujato Houwen -  
 see "Bach Flower Remedies"  
 \*Brenda Mallen - see  
 "Massage"

**RELAXATION THERAPY**  
 \*Cathy Squire - see  
 "Polarity Therapy"

**SAMARITANS** \*24-hour  
 telephone service. Call in

at 1 Parker Street, (nr.  
 Drummer St. Bus Station) 9  
 a.m. - 10.30 p.m. Tel. C.  
 66455

**SHIATZU** \*Rhea Monroe, 3  
 Woodlands Park, Girton,  
 Cambridge. Tel. C. 276500  
 \*Shrutti Gordon, 4 Herbert  
 Street, Cambridge. Tel. C.  
 351227

**SPIRITUAL HEALING** \*Prem  
 Arihanto - see "Massage"  
 \*National Federation of  
 Spiritual Healers, Vernon  
 Robinson, 114 Blinco Grove,  
 Cambridge. Tel. 2444 14

**TOUCH FOR HEALTH**  
 (Applied Kinesiology) \*Romy  
 Paine, 27 De Freville  
 Avenue, Cambridge CB4 1HW  
 Tel. C. 354734

**YOGA** \*Cathy Lowenstein -  
 see "Acupuncture" Desikachar  
 Yoga \*Sue Prynn, 17 Ferry  
 Path, Cambridge. Tel. C.  
 352042 \*Ian Rawlinson - see  
 "Acupuncture" \*Lucette  
 Stevenson - see "Polarity  
 Therapy" Integral Yoga  
 \*Jenny Duff, The Beeches,  
 59 Everston Road, Harlton.  
 Tel. Comberton 3567 \*Hugh  
 Frost, 6 Paddock Way,  
 Sawston. Tel. C. 833120  
 \*Paddy Squire, 4 Paddock  
 Way, Sawston. Tel. C. 833458  
 \*Lyn Wimmer, 37 Victoria  
 Rd., Cambridge. Tel. C.  
 60227 \*Brenda Wright, 41  
 Dunstal Field, Cottenham.  
 Tel. Cottenham 50755

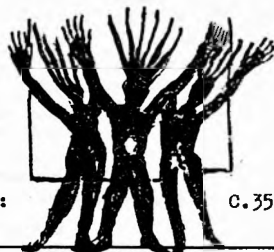
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 ship between the mind  
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# SHIATZU «»

helping  
hands

by Rhea Monroe

When we are in harmony with ourselves and our surroundings, there is health and wholeness within us and the energy in our organism is balanced. Shiatzu and acupressure, like many other forms of traditional medicine and alternative therapy, help to create such a state of balance.

Acupressure and Shiatzu are both based on the acupuncture theory, and differ somewhat in their methods - Shiatzu being developed more fully by the Japanese. Acupuncture theory is based on the principle of yin and yang or light and dark energies in the body. These energies, when in harmony, make for mental, emotional and physical health. Longstanding emotional and mental stress affect not only the skeletal musculature, but also the inner organs, causing chronic imbalance, leading eventually to disease. Many of us carry a body armour of permanently tense skeletal muscles due to unresolved negative thoughts and emotions. This can affect our emotional stability, intellectual capacity and general well-being. There are fourteen main meridians or energy pathways in the body. These run one into the other and through the vital organs and muscles, forming a cyclical energy path.

In Japanese 'shi' means finger and 'atzu' means pressure. It is a form of deep massage, helping the body to perform its natural self healing. Amongst many problems it can aid common aches, pains, colds, digestive problems, headaches, stiffness and insomnia. It is best used as a form of preventative medicine to keep the body energies in harmony. When we consider that some 80% of ailments are due to stress, we can appreciate its potential in our society. In the Far East it is used traditionally as a home remedy together with diet. After many years of training Shiatzu and Acupressure can also be used successfully to relieve the imbalances caused by more severe disorders.

In Shiatzu and acupressure the practitioner uses no needles, but thumbs, fingers, sometimes the whole hand or even feet. Pressure can be applied to large areas relieving whole muscle blocks. It can be on particular points called 'tsubo' - sometimes pressure is light, sometimes deep and penetrating, even painful, but ultimately relieving, as blockages are cleared. During treatment the practitioner also works in harmony with the breathing of the patient.

As in acupuncture, each organ is believed to be reflected in every other organ. You can treat, for example, the liver by needling or applying correct pressure to the correct point in the ear, hand, leg or back. This will remind some readers of reflexology, where the

different areas of the body and the organs are represented on various parts of the foot.

The effect Shiatzu and acupressure have, vary from person to person, and time to time. There may be an experience of deep and peaceful relaxation, a sense of timelessness or a sense of joy, vitality, or well-being; possibly weepiness, as the body released from tensions finds a new level of balance.

In Madras I had the chance to practice in controlled hospital conditions, testing for EEG, pulse, skin temperature and galvanic skin resistance. It was found that the circulation increased with shiatzu, the heart rate slowed down and the EEG registered alpha waves.

Below are details of a course which will be starting in Cambridge in the autumn, if there are sufficient enquiries. The course will be particularly suitable for those wishing to use the technique as a preventative measure within the family - children respond especially well to Shiatzu.

DR. PHUNG LY (Acupuncturist)

will run a Shiatzu Training Course in the autumn if there are sufficient applicants. The course will run for 10 - 12 weeks for two hours a week.

Further enquiries to: Rhea Monro, C. 350917

## Traditional Acupuncture

(5 ELEMENT)

This method treats causes of disease:

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Over the summer, with so much lovely fresh fruit and vegetables available, why cook anything? Eat it all raw. The only exception to this is new potatoes, boiled with mint. Yummy.

P.S. Don't forget to wash off the insecticide, herbicide, fungicide, phosphates, nitrates, potash, sprout suppressant, crisping agent... Don't join the 86% of people who are unfit for human consumption.



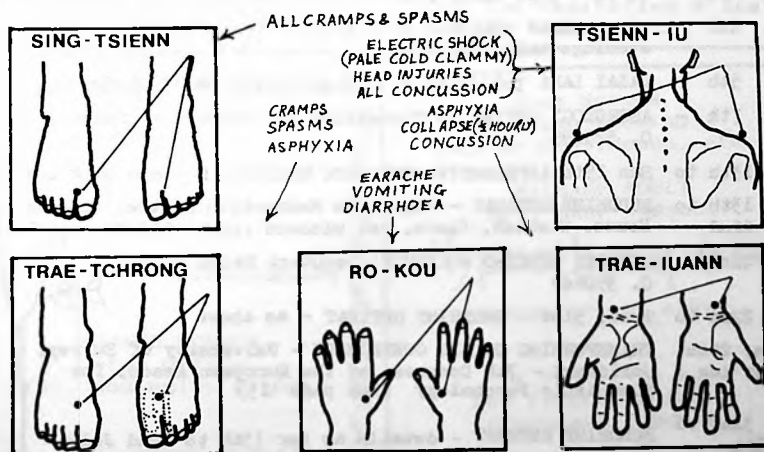
# FIRST - AID ~

## AT YOUR FINGERTIPS

Here are a few pressure points which you might find useful in an emergency - they are based on Chinese Acupuncture points and Judo pressure points. Although they are first-aid treatment and in many instances no other treatment may be needed, in cases of serious injury or sudden illness, treatment and advice should be obtained as soon as possible from a qualified medical practitioner or other competent person.

For first-aid at the points shown, only the finger-tips or finger-nails need be used. Locate by reference to the diagram the exact point to treat, press firmly and deeply with the tip of one (or more) finger, or with the finger nail, the fingers being held at right angles to the flesh. Dig in quite firmly, even if it hurts a little - in order that the point is stimulated there should be a slight rotary or circular movement as well as pressure. From half a minute to three or four minutes' treatment should be sufficient. Unless otherwise indicated all the points are bilateral, that is to say, the points are anatomically placed on either side of the body, left and right; moreover, it does not matter on which side the point is treated, nor if both sides are treated together. eg. severe cramp occurring anywhere in the body, muscles or organs, will be treated by applying firm pressure to SING-TSIENN and TRAE-TCHRONG on either the left foot, or the right foot, or on both feet simultaneously.

Two important factors in the treatment are: first, selecting the correct point to treat; and, second, treating exactly at that point for the shortest possible length of time, the focus of attention being on quality of treatment, not quantity. If you carry on for longer than is necessary you are more likely than not to nullify what you have already done.



# EVENTS

health esoteric  
therapy spiritual

## JUNE

- Sun. 17th - YOGA SEMINAR - with John Cain (Wheel of Yoga, Eastern area officer) - 10.30 - 4.30 at Manor Community College, details from Hugh Frost, 6 Paddock Way, Sawston, phone: Cambridge 833120
- Wed. 20th - SOLSTICE WORKSHOP - find out the meaning of the mid-summer solstice for yourself. 7.30 p.m. Prudence Jones phone: C. 323299
- Fri. 22nd - MENS YOGA RETREAT - Padmaloka, Surlingham, Norwich
- Sun. 24th - £22 (£16 for low income) phone: (050 88) 8112
- Sat. 23rd - SELF PRESERVATION - Womens Resources Centre, C. 321148 Based on 'Stand your Ground' TV series. With Susie Hodgkin and Peta Grey 11 - 5 p.m. £4 waged, £2.50 unwaged
- Sun. 24th to Fri. 29th - MENS TAI CHI RETREAT - Padmaloka £35 (05088) 8112
- Fri. 29th to 1st July - MENS KARATE AND MEDITATION COURSE - Padmaloka £22 (£16 low income) details from 05088 8112
- 29th/30th/1st - GESTALT WEEKEND (this may be a couples weekend) Contact Helen McLean C. 350649

## JULY

- Sun. 1st - CREATIVE ASTROLOGY - one day workshop on planetary principles. Prudence Jones C. 323299
- Tue. 3rd to Sun. 8th - MIND BODY SPIRIT FESTIVAL '84 - Olympia, London - open 11 am - 9 pm daily (7pm 1st and last days) 01-385-1200
- Wed. 4th - Start DREAM WORKSHOP with Helen McLean C. 350649 - four evenings till 26th July.
- Thu. 5th - DALAI LAMA public talk 7.30 pm Albert Hall, London.
- Sat. 7th - ASTROLOGY OUTING to Stonehenge and Avebury - Prudence Jones C. 323299
- Fri. 13th to Sun. 15th - ALTERNATIVE MEDICINE EXHIBITION - see back cover
- Fri. 13th to Sun. 22nd - BUDDHIST RETREAT - Vipassana Meditation Centre, Chapter House, Wisbech, Cambs. Tel Wisbech (0945) 583838
- 21st/22nd/23rd - GESTALT WEEKEND WORKSHOP - contact Helen McLean C. 350649
- Sun. 22nd to Tues. 31st - BUDDHIST RETREAT - as above
- Thurs. 26th to 1st Aug. - TRANSFORMING CRISIS CONFERENCE - University of Surrey, Guildford - 7th Congress of the European Assoc. for Humanistic Psychology (see page 13)
- Tue. 31st to Aug 6th - BUDDHIST RETREAT - details as for 13th to 22nd July

AUGUST

Is there anybody out there doing anything ? ? ?

SEPTEMBER

- Fri. 7th - MEDITATION AND BUDDHISM - Introductory Mens Group led by  
Sun. 9th Subhuti (author of 'Buddhism for Today') see 22nd June
- Sat. 8th - TOUCH FOR HEALTH - Basic Course contact Romy Paine  
Sun. 9th C. 354734
- 21st/22nd/ MENS TAI CHI AND MEDITATION - Introductory weekend -  
23rd Led by Sthirananda - see 22nd June for who to contact.
- Sat. 22nd - TOUCH FOR HEALTH - Advanced Course - contact Romy Paine  
Sun. 23rd C. 354734

## Regular Groups

### ASTROLOGICAL ASSOCIATION

Monthly group for practising  
astrologers; also beginners  
classes: Jane Giddings  
Cottenham: 51735

### BIO-ENERGETICS

Margaret Dyson  
4 Kimberley Road  
Cambridge 67311

### TOUCH FOR HEALTH

Romy Paine  
27 de Freiville Ave.,  
Cambridge 354734

### GESTALT PSYCHOTHERAPY

Brenda Biamonti  
24 Hertford Street  
Cambridge 62691  
Womens Group: Mon 6.30  
Mixed Group: Tues 6.30

Helen McLean

13 Oxford Road  
Cambridge 350649  
On-going starting  
21st May 6 - 8 p.m.

### SHIATSU

Ma Prem Shruti  
C. 351227  
Fri 7pm Meditation & tea  
8.15 Shiatsu £3

### REFLEXOLOGY

### BACH FLOWER REMEDIES

### HYPNOTHERAPY

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MICHAEL MOULT  
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## Hypnotherapist

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\*\*\*\*\*  
Fee reduction for  
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# The Right Course for Defence

We understand that the University Extra-mural Board is to offer a very important course on 'the dynamics of the nuclear age'.

The course tutor will be Dr. Gwyn Prins, Fellow of Emmanuel and an expert in the field of defence and disarmament. He is a member of the British and European advisory groups engaged in military reform; and he edited the book 'Defended to Death' (Penguin 1983).

The textbook for the course will be 'The Choice: Nuclear weapons versus security', edited by Dr. Prins, to be published in hard-back and paperback in September by Chatto & Windus.

'The Choice' - a collection of essays by senior military, diplomatic and academic experts - addresses the fundamental issues of the nuclear age across a wide spectrum, from the origins of deterrence and East-West tensions to the prospects for future control or escalation of the arms race. The book has been planned with this course in mind: each chapter provides the central reading for one session.

The course will start in September 1984 and will consist of 20 two-hour weekly sessions, to be held in ten-week blocks before and after Christmas. Each session will be a mixture of lecture and discussion. There is no examination, and no special prior knowledge is needed. The course fee will be about £20.

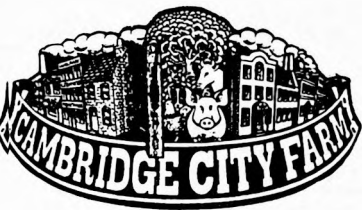
A minimum of 18 participants is needed to form any one study group, and it is important to have an early show of interest. If there is enough demand, Dr. Prins will give the course for two groups in Cambridge, one in the evening and one in the daytime. (A creche will be organised for the daytime group if one is wanted.)

This is a rare and important chance to become thoroughly and accurately informed about all facets of the most vital question of our time. Anyone who is interested in the course should ring Jane Van Tassel on C. 60894. Don't put it off.

---

## The Nuclear Plot

Greenwave has a plot at Molesworth where wheat was planted on Easter Sunday. This privilege carries duties! - the first hoeing and watering day is June 30th. All Greenwave readers please come, and bring a hoe and a watering can if the weather's dry. If you can give anyone a lift, or need transport, contact Rosie at Histon 3200.



**NEXT MEETING: Wednesday, 27TH JUNE**  
Bath House, 8 p.m.

Negotiations for Logans Meadow, Chesterton are continuing. Land clearance for the Information point at the Railway Cottages, Mill Road bridge continues - next working day: Sunday 17th June.

The City Farmers are new. If you want to help to establish farm projects

related to conservation/education/organic farming/community development, contact us and we'll put you in touch with the relevant Working Group.

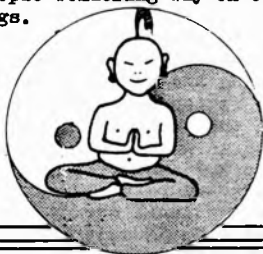
Ring Mike Collins: C. 245279

### QUIZ TIME !

What should you do if you see a police-person walking around banging a gong ?

- (a) join in behind them singing 'Hare Krishna'
- (b) go and change for dinner
- (c) jump in a ditch and pull a tea cosy over your head

**ANSWER:** Any one of these, all three, or none of these. According to the 'Police Manual of Home Defence' (p 28) three bangs on a gong will signal the imminent arrival of radioactive fallout. Since most people don't know this, the result would probably be lots of bewildered people wondering why on earth the police are running about banging gongs.



**THE GREEN GENIE SAYS . . . .**

"To depart from this world whilst lost in a sense of wonder, is to ascend instantly to a higher plane of being . . . ."

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## Midsummer Solstice

The summer solstice is astronomically the time when the Sun stands highest in the heavens, its rays strike the Earth most directly, and the hours of daylight are longest. Astrologically it is the beginning of the sign Cancer, which rules nourishment, motherhood and the home, and nowadays it falls on June 21st. The feast day of its patron saint, St John Baptist, is still however celebrated on the date of the solstice at the inception of the calendar, June 24th, our statutory Midsummer's Day. Whichever one you celebrate, here are the traditions.

Midsummer is a time of fairs, feasts, games and contests, and even, in ancient Iceland, the annual Parliament. The powers of reason, symbolized by the Sun, run amuck, and mischievous spirits like Puck in Shakespeare's *MIDSUMMER NIGHT'S DREAM*, or the apprentices in Wagner's *MASTERSINGERS OF NUREMBERG*, are likely to get out of hand. A fair dose of intuition is needed to keep them in line. In ancient Paganism this day was the marriage of Sun and Earth, spirit and matter, as the rays of the rising Sun struck straight into the middle of the inner horseshoe at Stonehenge. The result of this marriage is the embodied soul and the sanctity of individual life, a notion which was not developed in historical Paganism but was taken up by Christianity, exoteric and esoteric. The soul waiting to incarnate can sometimes be contacted beforehand, in a "midsummer night's dream", or perhaps the emotional energy around does not get organized into a soul, so mere "midsummer madness" results. St John Baptist is celebrated on Midsummer's Day because he is the guardian of souls, whereas his cousin, the greater avatar, Jesus, is celebrated on Midwinter's Day because he is the embodied spirit, the Christ, and the midwinter sign Capricorn, opposite to Cancer, rules the spirit.

As the spirit, veiled by the Sun in esoteric lore, is hidden in the darkness of midwinter, so the soul is hidden in the light of midsummer. The sign Cancer therefore is nothing if not insular, instinctively protecting it knows not what, and clinging to home, food, family and children behind a defensive shell of touchiness. People ruled by this sign can however be more aware, as kind and nurturing souls, who create a haven of peace and contentment, where children can grow up securely and where guests are always welcome. Cancerian children born in 1984 will be very keen on creating the

perfect environment. They should be dedicated, organized and effective.

Midsummer's Day, 21st June 1984, is a day to complete long-shelved projects around the house and garden. Tidying and mending, rearranging and rebuilding, should succeed with the minimum of difficulty. - except that you will want to do everything at once! The last quarter Moon, squaring the Sun in Cancer and Neptune in Capricorn at midday, gives an emotional undertone of frustration. You will not find it easy to stay at one task for long, you will lose your temper too often and too easily. A good dose of Libran serenity in yourself and fairness to all around will not go amiss here. There is a lot of instinctual aimless energy thrashing around, and any meditations or ceremonies carried out on Midsummer's Eve or Midsummer's Noontide will involve integrating this into the serene and purposeful nature of the day. By mid-evening on the 21st, however, the mood will be much more enthusiastic and inspiring, though tending to delusions of grandeur! On the mundane level, Midsummer's Day is a good time to settle industrial and other disputes involving resources, as long as people's impulsiveness is duly taken into account. It is a good day for conception, and perhaps for hectic and short-lived romances.

---

## More Green Action

### Harvest for the Hungry

The Green Collective has learned from the 1983 Gathering, when the Green Movement chose to do what it wanted to do rather than what the Collective had decided for it. It has taken advantage of the 1300 acres of underused land at Molesworth (the next site for Cruise missiles), the recent publicity achieved by the "Wheat to the Starving Campaign" at the base, and the erection of the Peace Chapel "Eirene" (Greek for peace), to suggest that Greens have their annual gathering on the base starting on Saturday, August 25th, and ending on Sunday, September 2nd with the dedication of the Peace Chapel.

The event will centre round the harvest of wheat planted at Easter, and ploughing up of more land for winter wheat. The usual Green Gathering workshops and entertainments are planned, but since there can be no gate, no entrance fee can be charged.

Supporters are invited to send what they would have paid in tickets as a donation to Harvest for the Hungry, Box 272, Peace News, 8 Elm Ave., Nottingham 3. A large s.a.e. to the same address secures briefing papers, leaflets, posters and a map.

**"AWARENESS: exploring experimenting experiencing"**

by John O. Stevens

This book is about how we can explore, expand and deepen our awareness. It is not just another theory book but contains practical exercises - these being based on Gestalt therapy, which lead us through exploring ourselves, our surroundings and our interaction with others.

The author suggests that "when you try to change, you manipulate and torture yourself and mostly you just become divided between a part of you that tries to change and a part of you that resists change" ... "and that the price is conflict, confusion and uncertainty". The exercises in this book are based on the idea that it is more useful to become deeply aware of ourselves as we are now and that when we are really in touch with our own experiencing, we will find that change takes place by itself. This approach does not necessarily provide the answer to our problems, but it does provide the tools to explore ourselves, thereby simplifying and clarifying many of the difficulties and confusions.

The book will be useful to individuals and groups seeking to increase personal awareness - the experiments are like tools, they can be used skillfully or clumsily, and to that end, there is a helpful section for teachers and leaders suggesting care and respect when using these exercises in groups.

"If enough of us get really in touch with our own human reality, perhaps we can build a society which is appropriate to what we are, instead of what we 'should' be. But most important, the exploration of awareness leads to a continuing ongoing enrichment and involvement with your life that has to be experienced to be known".

**"AWARENESS: exploring, experimenting, experiencing"**  
by John O. Stevens is published by  
Real People Press, Utah, U.S.A.





## A PRAGMATIC DREAM . . . . . Aldous Huxley's "Island"

This is hardly a new book, having first been published in 1962, but I want to mention it because it has been a source of inspiration for me again and again over the years.

Huxley's epigraph on the title page is a dictum of Aristotle "in framing an ideal, we may assume what we wish, but should avoid impossibilities," and most of the social and economic arrangements - the educational and psychological techniques which Huxley wrote into his Utopian vision, were things which had been tried and tested in his own time.

The main philosophy on the Island is Buddhist, "Mahayana Buddhism, with a bit of Shivaism on the side" and Huxley does run up against the inevitable problems of writing about what is effectively a non-belief system - a system of practices leading to subjective experiences which must be lived rather than 'believed in' (or learned from books). When his main character presses for details of exact beliefs, he is told "that's one of the questions the Buddha always refused to answer. Believing in the eternal life never helped anyone to live in eternity. Nor of course, did dis-believing ....". Here again though, the approach is pragmatic ... "public health and social reform are the indispensable preconditions of any kind of general enlightenment."

But what chance did Huxley see of such an approach becoming generally accepted? "One's justified in feeling extremely pessimistic about the current situation. But despair, radical despair - no, I can't see any justification for that" says the Island's leading spokesman. Asked how he manages to feel that, in the face of the evidence of history, he says: "by remembering what history is - the record of what human beings have been impelled to do by and the enormous bumptiousness that canonize their ignorance as a political dogma". To make rules today for tomorrow, assumes we are we will be then - a point for philosophers to bear in mind.

their ignorance  
makes them  
ical or reli-  
for our behav-  
viser now than  
us 'Green phil-

HUXLEY, Aldous  
"Island"

Panther  
Books  
Granada  
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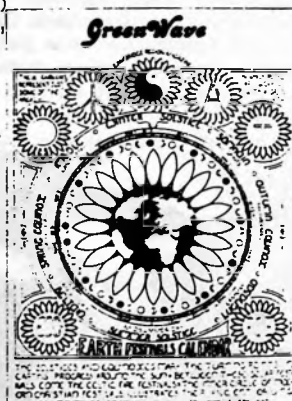
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## SKILLS EXCHANGE

- Ø Celia is a piano and folk guitar teacher and would gladly give some daytime lessons in exchange for car maintenance or external house painting. Tel: Ely 721610
- Ø Anyone interested in helping look after a large garden this summer in return for self-help Shiatzu phone Rhea Monro. Tel: C.350917
- Ø Workshop space in Milton, approx. 10'x12', lights and plugs in return for home-grown produce, or d.i.y.-type house repairs, or car maintenance. Tel: C.861392

## SMALL ADDS

- Ø OSTEOPATH REQUIRED to open up a part-time practice near Bedford at an expanding health and beauty centre.  
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- Ø SUNFLOWER TRADING: Badges - "The Greens are Gathering" 1½" 25p each or 15p for 10 or more.  
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Stickers - "The Greens are Gathering" "Womens Liberation" "Animal Liberation" - 4½" peel-off, 25p each or 20p for 10 or more.  
Green Star Badges - metallic, 3/4", 70p or 50p for 5 or more  
Green Pack - Includes car sticker, sample Green Line mag. leaflets, article, stickers, badges. £1.20  
Please include 15% with orders to cover postage and packing  
Make cheques payable to 'Sunflowers' and send to Sunflowers c/o 12 Granchester Road, Cambridge.
- Ø BLACK HOLES in the text of this issue of Greenwave are probably due to the enthusiastic assistance of four small kittens who've been 'helping' with the paste-up process.  
If you can give a loving home to any of them, they'll be ready to leave their mum after June 20th. Please call Mark on C. 861749

---

## GREENWAVE POWER

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